

Ladder Extension

Description of the Exercise:

With a thirty-five foot (35') extension ladder secured the applicant will fully extend the top fly of the ladder by pulling the rope hand over hand. When the top fly section is secured and the instructor gives the applicant the signal, the applicant will then return the top fly section to its starting position by using the same hand over hand method.

The ladder will be clearly marked for the applicant to know where to lock the ladder in.

Equipment to be used:

One (1) thirty-five foot (35') extension ladder (secured)

Measures:

This exercise measures the recovery rate, upper body strength and eye and hand coordination of the applicant.

Note

The rope must not slide through the applicants hands during the descent of the top fly section. If the rope is allowed to slide through the applicants hands, then there will be a fifteen (15) second time penalty added to the total time.